

WARREN SENTINEL

"Jolly Rogers"

WWW.WARREN.AF.MIL

Volume 64, Issue 19

F. E. Warren Air Force Base, Wyoming

May 13, 2005

Warren named Tree City *Warren recognized for 17th year* 6

BRAC 2005 update *What's new with base realignment* 9

Public health advisory *Beware of West Nile Virus* 23

Warren
Airmen's
unique
hobby 12



ON THE RUN ...

Military working dogs Juma and Paco attack "offender" Staff Sgt. Kenneth Gardner, 90th Security Forces Squadron, during a training session here May 6. Juma, 6, and Paco, 5, train daily in the ongoing efforts to help security forces members in their day to day operations.



Photo by Airman 1st Class Tessa Cubbon

Col.
Trump fires
group
CCs 5



Warren
offers
golf for
children 16



Warren's
new
90 SFG
commander 5



Commentary

A simple theory

Senior Master Sgt. Craig Heald
90th Operations Group

There are about as many theories on leadership as there are people in leadership positions. My theory is simple, formed over several years by observing leaders, picking up what I liked and what I believed worked well. Over the past 20 years I've observed many leaders. I strive to apply what I've learned over the decades and have shaped a philosophy that has served me well. This philosophy is made up of three principles that apply whether you lead two or 200 Airmen: know your people, set clear standards, and lead by example.

Know your people. When welcoming new Airmen one of the first questions I ask is, "who's your sponsor and supervisor?" I typically receive a quick and confident response. That wasn't always the case. When my Airmen couldn't answer that question I became very concerned. Thirty seconds later it was obvious this individual wasn't properly sponsored, had slipped through in-processing, hadn't met their supervisor, and didn't know their chain of command. They could discuss what happened in First Term Airmen's Center but the discussion stalled after that. It was obvious they didn't know the units' expectations, their role, or their responsibilities to help meet unit goals. After a brief conversation on unit philosophy, family, housing and the local area, I would see the Airman's superintendent or noncommissioned officer in charge and share my thoughts. I believe that many of the problems that I see with our Airmen are the result of us simply not knowing them. You can address this with sponsorship, listening, and learning about their environment.

Set clear standards. In the course of a given day anyone of us, whether a commissioned officer, NCO or Airman have seen our fellow blue-suiters violating standards. Easy examples abound: avoiding

salutes, active duty males wearing jewelry on base, not wearing hats while outside. On occasion we see our violators corrected while others continue to ignore standards. When the more easily influenced among us see this they make choices, to comply with standards or adopt the negative behavior that seems acceptable. We need to educate, reinforce, and recognize.

If I had to select three sources that addressed what I see as a means to counteract the common disgraces I would recommend AFI 36-2618, The Enlisted Force Structure; AFI 36-2903, Dress and Appearance of Air Force Personnel, and AFP 36-2214, Volume 1, the Promotion Fitness Examination guide (it makes a great summary and reference, while not as in depth it appears less intimidating than an AFI to some of our folks).

There are several ways to reinforce what you want to happen, keeping in mind that not enforcing standards and ignoring problems reinforces negative behavior. Dormitory or uniform inspections, driving through base housing and spot checks at work are also effective tools when the member receives appropriate feedback on how they're doing.

————— **Leadership, Page 3**

Get the point?

John Ingle
82nd Training Wing Public Affairs

Ever have those moments in life where you wish you could hit the rewind button and replay something that just took place?

I would hate to think that I am the only person putting tread down on this Earth who has ever dreamt of doing such a thing. It would be safe to guess that most of the instances that would require such a cosmic flashback would be those that involved something that was said or a reaction made before a thought was put into it. I did the double whammy this past weekend.

My son had a baseball game in the afternoon, so it was planned that I would be home with enough time to get him and me ready. No sooner had I walked through the door, when I learned that my two youngest -- sometimes joined at the hip and sometimes joined by hand and throat -- had been sent to their rooms for arguing.

Being the all-knowing father that I am, I immediately surmised that the culprit of the incident was a video game. Stephanie and Tucker have a history of flailing gaming controllers, game boxes and anything else they can get their hands on at each other, so it was a logical guess that a game was involved.

Without hesitation, I proceeded to lay into one and then the other, informing them of how childish -- I know, they are children -- it was to fight over a game.

"But dad," one began to say. I stopped them dead in their tracks before the short 'a' sound in "dad" came out. "I don't want to hear it," I replied in a louder-than-needed

voice. "That's the last time I'm getting a game for the two of you to argue over." With that said, we packed up the car and headed to the baseball field.

While there, I realized that what I said might not have been the best. Before the game started, I told Stephanie that we would talk about the incident again after the game.

My mood got better as our team clobbered the other 19-0. Tucker did strike out looking, but that's another story. Stephanie reminded me that we were to discuss the gaming episode again and I proceeded to apologize for how I handled it; that it was just a game. I didn't condone the argument, but it was a game.

Then the truth came out of the mouth of my kids. "We weren't arguing about the game, though," they said. I was looking for a place in my truck to curl up into a ball. My tirade over the supposed cause of the problem was for naught.

I didn't take the time to listen to what was said or what they were attempting to say. I had my assumptions, came to a conclusion and exacted my wrath as swiftly as possible. I was wrong. Had I taken the time to listen to them, we would have had a different, and probably tamer, conversation. No, I didn't condone the argument they had. But I didn't condone my actions.

The same can be said for the workplace. How often do we react or speak before we fully understand what is going on? When was the last time you or someone you know was admonished before all the facts were out on the table?

It's better to wait than press on with limited information. Don't get caught, looking for a place to hide.

— Warren —
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90th Space Wing commander

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Commentary

THE CIVILIAN PAVILION

Matt Cox
Visual Information

Talking with Mary Brown is like trying to chase a train on a skateboard; it's impossible to keep up but it's great fun trying. The excitement and joy she exhibits for her job is infectious.

Her upbeat personality and seemingly endless energy fit well with her current job description. As the family and life skills consultant for the Family Support Center, 90 Mission Support Squadron, her responsibilities require someone with relish.

Community outreach claims much of her time. Projects such as Heart Link, Military Children's Education Coalition, Military Family Appreciation Month and Military Spouse Appreciation Day are juggled with Warren Spouse

Leadership Orientation and working with military retirees. Then there is the job shadow program, Laramie County Red Ribbon Week and the job and career fair.

Oh yeah, she does a lot off base too.

What can she say, she loves working with people. Whether it's inside the Warren gates or out in the community, Ms. Brown wears more hats than a crowd at Coors Field.

She works with staff and students in Laramie County School Districts 1 and 2 through the Safe and Drug Free Schools program and serves on the Laramie County Youth Services Council.

She works with Cheyenne businesses through the chamber of commerce, the Leadership Cheyenne program and the Lions and Kiwanis clubs. Ms. Brown recently worked with a

group that developed and submitted a packet pitching Cheyenne to the National Civics League in Denver to compete against other U.S. cities for the title of "All-American City."

"We just found out we are a finalist," said Ms. Brown. "We have a great chance of winning." If the hard work that she and her collaborators from Cheyenne L.E.A.D.S – a community business association – and others comes to fruition, the title "All-American City" will bring with it great rewards for the community.

"It will mean a lot as far as economic growth," she said. "Jobs will come to Cheyenne and that's great."

Like I said, it's hard to keep up with Ms. Brown.

"I do have some free time," she said. "I enjoy the events offered at the civic center and I love the

theatre."

Ms. Brown has been in her position in the Family Support Center since 2000 after retiring from the Air Force in 1998 as a Lt. Col. after a 20-year career. Prior to coming back to Warren in the civil service arena, Ms. Brown spent two years at Laramie County Community College as a counselor, job facilitator and General Education Development instructor.

"I love Cheyenne. It's the most military-friendly town I've ever seen," she said. "I really enjoy the small town atmosphere as well."

She served as the first female commander of the 90

Communications Squadron during her time at Warren and was responsible for setting up its first Local Area Network (LAN) system. "Yep, it was our guys that got that started."

Prior to her four-year assignment here, Ms. Brown spent time at Nellis AFB in Las Vegas; Kapaun Barracks and Feldburg in Germany; officer training school in Mississippi; Randolph AFB in Texas; and a one-year stint in Korea.

"I've never had a bad assignment in the Air Force," she said. "I joined the military to see the world and that's definitely been the case."

For volunteer opportunities on and off base Mary Brown encourages inquires. Feel free to give her a call at: 773-5941.

Leadership, from Page 2

It's also essential that we acknowledge the solid performers who quietly make our mission a success every day, even if we only give them a "thumbs up" or a loud, "great job on that task" in front of coworkers.

Lead by example. Seemingly everyone has heard, understands, and can apply "lead by example." The concept is relatively simple, isn't it? Actually, it can be demanding.

Contrary to a belief that seems prevalent among some of our younger members, there's more to it than wearing the uniform correctly.

It's necessary to remember that we lead by example both on and off duty. For example, when I'm

on leave I maintain my haircut and I shave. I never know whom I'll meet, perhaps my group commander, or one of my Airmen in the BX. Additionally, if I observe an Air Force member acting irresponsibly I correct it.

Your behavior must be above reproach. I don't drink alcoholic beverages in the establishments my airmen frequent. If we meet, I'm polite but I avoid socializing with them in that environment. When a superior comes into my office I stand, regardless if they're a lieutenant, colonel or chief. I don't address my superiors, officers or chiefs, by their first names, or "you guys" even if we've worked together

for years. I expect the same diligence from my Airmen, regardless of grade.

Expect more from yourself than you demand of your Airmen. A chief summed it up for me a few years ago, "do it first and do it best." Make every attempt to max that fitness score and look at your airman hard when they miss physical training time. Don't miss appointments and meetings. Expect the same from your subordinates.

Participate and remain accessible. A good way to do this is to support unit and wing functions and activities. Make it clear that you can't make every function, but it's critical that you carefully choose

those you can attend. The key to participation is the ability to support your leadership and display that support openly. Being accessible to your people can be impossible at times.

I have an open door policy, as do many of us, but the problem is I'm not in the office much. It's easy for me to walk by them on my way to another meeting without saying much more than "good morning." I can cover a lot of ground chatting in a hallway or work center, adding a couple of minutes before or after a meeting. Another favorite tactic of mine is to round up a bunch of my folks and go to lunch with them occasionally.



Col. Trump 'fires' group commanders

Warren wraps-up AFAF campaign with 118% of goal

Airman 1st Class Lauren Sixbey
Public affairs

Warren members raised \$54,727 to help four Air Force sponsored charities during this year's Air Force Assistance Fund drive March 28 to May 6.

The money raised exceeded this year's goal of \$46,540 by 18 percent.

One hundred percent of the money raised will help Air Force Aid Society, Air Force Enlisted Village Indigent Widows' Fund, Air Force Village Indigent Widows' fund, and The General and Mrs. Curtis E. LeMay Foundation.

Each charity is in existence to help active duty members, retirees, reservists, guard members and their dependents in need.

"All the money comes back to help the troops, to help retirees and people who are widowed," said base campaign officer Maj. Andrew Hugg,

790th Missile Security Forces Squadron operations officer. "I think this should be our most cherished charity."

The results were announced during an "Apprentice"-like event at the Trail's End Club. Col. Evan Hoapili, 90th Space Wing commander, consulted Donald Trump to find his "apprentice." Col. Ronald Pearson, 90th Medical Group commander, and his team had the highest percentage of people donate.

Therefore, Colonel Pearson was able to choose two members from his group, Airman Jeanette Collins and Airman Glen Tomkowlak, to be the "apprentices" - or the assistant wing commanders for a day.

The other group commanders were "fired" from their parking space for a week.

The AFAF is an Air Force-wide program that raised a total of \$7.2 million this year, almost \$2 million more than the goal of \$5.4 million.



Photo by Airman 1st Class Tessa Cubbon

Col. Evan "Trump" Hoapili, 90th Space Wing commander, and his wife Amanda, take a break from "firing" 90 SW group commanders. Colonel Hoapili, with the help of his toupee, fired four out of five group commanders.

Meet your new 90 SFG commander

Wrestling fan will head up Warren's security forces

Col. Allen Jamerson took over command of the 90th Security Forces Group at a change-of-command ceremony here April 29.

He took a few minutes out of his busy schedule to answer questions from Senior Airman Tonnnette Boyd, public affairs, about his previous assignments, previous bases, hobbies and hopes for 90 SFG.

What is your full name?

Col. Allen J. Jamerson

Where are you from originally?

New York City, N.Y.

Give us a brief description of jobs previously held prior to joining team Warren.

I was the deputy director of security, National Reconnaissance

Office and was responsible for protection of people and resources needed to design, build and operate national satellite reconnaissance systems.

I commanded security forces squadrons at Luke AFB, Ariz., and Robins AFB, Ga.

I also held a security forces staff position at headquarters Air Force Space Command.

How can someone get on your bad side?

By blatantly violating the Air Force Core Values.

How can someone get on your good side?

By showing initiative, innovation, and accepting responsibility for the betterment of the Air Force, and the 90th Space Wing.

Do you have any advice for young Airmen?

Always maintain a positive outlook on life - no one can make you have a bad attitude but you; treat everyone with respect and dignity regardless of their rank or status in life; and educate yourself at every opportunity - that is what true professionals do.

Do you have any unique interests?

I am a diehard professional wrestling fan. Ric Flair is my favorite--WHOOOO!!!

What are your favorite musical groups?

Prince, 50 Cent, and Enya - go figure.

What do you hope to accomplish at Warren as commander of the 90th Security Forces Group?

Continue to protect Warren's people and resources with the style and professionalism befitting the



Photo by Liz Saucier

Col. Allen Jamerson takes over command of the 90th Security Forces Group April 29.

world's finest space wing and also, get security forces the resources, facilities, training and recognition they deserve. This is the best security force organization in the Air Force and I want the world to know it.

Briefs

Privatization proposal

Warren is proposing to privatize all of the military family housing on the installation. A private entity would assume responsibility for constructing, demolishing, renovating, maintaining, and managing the housing units. The base is soliciting public comments on the draft environmental assessment for this proposal. A copy of the draft will be available for 30 days at the Laramie County Library information desk, 2800 Central Ave., and at the base library, Building 214. The comment period will end June 8. All comments must be submitted in writing to 90 CES/CEVP, 300 Vesle Dr, F.E. Warren AFB, WY 82005 and must be postmarked no later than June 8.

Good luck

Good luck at the Mrs. Wyoming Pageant Saturday: Sara Hogan, Mrs. F. E. Warren, wife of Airman 1st Class Travis Hogan, 320 Missile Squadron.

Cheryl Maddox, Mrs. Laramie County, wife of Tech. Sgt. Chester Maddox, 90th Missile Maintenance Squadron.

Brooke Taylor, Mrs. Wyoming Capitol, wife of Staff Sgt. James Taylor, 90 Missile Operations Squadron.

First Lt. Nicole Walters, 90th Space Wing, Mrs. Capitol City, wife of Master Sgt. Robert Farnham, 153 Air Wing Financial Management.

Environmental assessment

Warren is proposing numerous renovation, construction and demolition projects over the next several years in order to support and sustain its mission.

The base is soliciting public comments on the draft environmental assessment for these projects. A copy of the draft will be available for 30 days at the Laramie County Library Information Desk, 2800 Central Ave, and at the base library, Building 214. The comment period will begin on Monday and end on June 7.

All comments must be submitted in writing to 90 CES/CEVP, 300 Vesle Dr, FE Warren AFB WY 82005 and must be postmarked no later than June 7.

Warren named Tree City

Tech. Sgt. Steve Goetsch
Public affairs

Warren has been named a Tree City, USA by the National Arbor Day Foundation to honor its commitment to its community forest.

The National Arbor Day Foundation in cooperation with the National Association of State Foresters and the United States Department of Agriculture sponsors the Tree City USA program.

This is the 17th year Warren has received this national recognition. "Warren has been recognized so frequently because trees have always been recognized by our leadership as a critical component of the quality of life," said Jane Brady, base landscape architect. "Dating as far back as the early days of Fort D. A. Russell, the old trees at Warren have almost become icons in the landscape here. It defines our character."

The four standards to become a tree city are:

"The trees we plant and care for today will cool and beautify our communities, increase property values, help clean the air and water and conserve energy for years to come."

— John Rosenow, National Arbor Day Foundation president

- A tree board or department
 - A tree ordinance
 - A comprehensive community forestry program
 - An Arbor Day observance
- Tree City's four standards are predicated on a municipal organizational structure.
- "Because Warren is organized differently, there is some accommodation for our unique structure," said Mrs. Brady.
- "The trees we plant and care for today will cool and beautify our communities, increase property values, help clean the air and water and conserve energy for years to come," said John Rosenow, NADF president.
- An efficient community forestry program is an ongoing process of renewal and improvement. A program of planning and care that continues through the years," said Mr. Rosenow.
- "The Tree City, USA award is an excellent indication that there is a solid foundation for that process of improvement."

CONGRATS TO THE 90TH SPACE WING
QUARTERLY AWARDS WINNERS

- Honor Guard Member of the Quarter**
Staff Sgt. Jesse Carter, 90th Maintenance Group
- Airman of the Quarter**
Senior Airman Jennifer Bartow, 90th Mission Support Group
- NCO of the Quarter**
Staff Sgt. Frederick Tincher Jr., 90th Operations Group
- SNCO of the Quarter**
Master Sgt. David Torres, 90th Security Forces Group
- CGO of the Quarter**
1st Lt. James Honeycutt, 90th Security Forces Squadron
- First Responder of the Quarter**
Tech. Sgt. Ysidro Gonzalez, 90th Mission Support Group
- Category I Civilian of the Quarter**
Henry Sucharski, 90th Operations Group
- Category II Civilian of the Quarter**
William Clark, 90th Space Wing
- Category III Civilian of the Quarter**
Brandy Jiron, 90th Mission Support Group
- Civilian NAF Category II of the Quarter**
Macey Schutz, 90th Mission Support Group
- Civilian NAF Category III of the Quarter**
Derrick Stewart, 90th Mission Support Group
- Civilian NAF Category IV of the Quarter**
Joseph Byrd, 90th Mission Support Group

CE says: Step away from baby antelope

Shawna Barry
*90th Civil Engineer
Squadron*

As winter fades into spring in southeastern Wyoming, pronghorn prepare to deliver the new season's fawns. The birth season will begin the first week of June.

At Warren, grazing pronghorn are an even more common sight than in the surrounding countryside. As in all situations in which people and wildlife live in close proximity, this can cause conflicts. In spring, these conflicts most often affect the newborn fawns striving to make it through their first weeks of life.

At Warren, public areas such as the Freedom Fitness Center appear to be ideal birthing sites, safe from predators and close to the green grass of the golf course.



Photo by Cathryn Pesenti

A newborn Warren antelope attempts to hide behind a wooden stake recently in front of Building 284.

When a doe is ready to give birth, she will drop her fawn in a secluded location and tend to it for its first few hours of life. The fawn reclines flat

on the ground, lying carefully camouflaged while the mother grazes. In the wild this strategy is advantageous, as lingering near the newborn

would attract the attention of predators such as coyotes and golden eagles. When fawns are found in public areas, it may appear that their moth-

ers have abandoned them. Much to the detriment of the fawn, and most often, out of misguided concern, people on base pet and handle fawns. This can cause a doe to shy away or even abandon her offspring. In particular, feeding fawns can cause them to imprint on humans, seeking food from people instead of from their mothers. These orphaned fawns will have no capacity to develop into healthy adults and usually have to be put down by the base Game Warden.

Warren servicemembers must strive to avoid the consequences of human interference. Don't get near fawns and above all don't touch or feed them. If you think a fawn is in danger, call the base game warden at the law enforcement Desk at 773-3501.

6 by 7

Asian Pacific American Heritage Month events

Food sampling

The Asian Pacific American Heritage Month committee is hosting a food sampling at the vehicle operations highbay 11 a.m., May 20.

The food sampling will include Chinese, Japanese and Korean cuisine. There will also be live entertainment consisting of different ethnic dancers and an Airmen car show.

Heritage luncheon

The Asian Pacific American Heritage month committee is hosting a luncheon 11 a.m., May 25 at the club. Dr. Linda Ahuna from Colorado State University will be the guest speaker.

For more information, contact 2nd Lt. Paul Traher at 773-6166.

Story time

The base library is offering an Asian Pacific American Heritage Month story time and craft 11 a.m., May 27. The story will be "A Carp for Kimiko" and the craft will be making Kimiko drums.

Create harmony

Warren celebrates Asian Pacific American Heritage

Airman 1st Class Emily Duran
90th Missile Security Forces Squadron

As the Asian culture becomes more popular in the United States, the ancient Chinese method of creating a harmonious environment, feng shui, is also gaining ground.

Feng shui seeks to promote prosperity, good health and a general well being by examining how energy, qi, pronounced "chee," flows through a particular room, house or building.

When China was under imperial rule, feng shui was a secret known only to a handful of astronomers and scientists commissioned with maintaining the health, wealth and power of the court.

Imperial palaces and cities were planned according to feng shui, which became a principle of classical Chinese architecture.

Here are a few basic feng shui

FENG SHUI SEEKS TO PROMOTE PROSPERITY, GOOD HEALTH, AND A GENERAL WELL BEING BY EXAMINING HOW ENERGY, QI, PRONOUNCED "CHEE," FLOWS THROUGH A PARTICULAR ROOM, HOUSE OR BUILDING.

facts that you can use:

- A wind chime outside your front door will help in circulating good vibes into your home.
- Red flowers outside of the door tend to attract money.
- When placing furniture in each room, remember less is always best. Too much furniture makes you feel cramped and restricts the flow of energy.
- Your toilet represents luck and prosperity. To keep it from flushing away, you must keep the lid down and the bathroom

door closed.

- Bed placement is important. The bed should not be against a window or be directly in line with the door. Also, it is very important to avoid sleeping with the head towards the door.
- Keep your valuables such as a coin collection, piggy bank, safe or jewelry in the left rear corner of your bedroom. This increases or draws more wealth to you.

(Compiled with information from www.feng-shui-tips.net and <http://fengshui.about.com/>.)

6 by 6



Airman 1st Class Bradley A. Lail

AIRMAN FIX-IT

INCIRLIK AIR BASE, Turkey -- Airman 1st Class Jennifer Benevides tests the voltage on a voice communication system here April 22. Airman Benevides is a visual imagery and intrusion detection systems technician with the 39th Communications Squadron.

BRAC: Information available for affected bases

Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON - The secretary of defense is expected to announce the proposed Base Realignment and Closure list during a press conference today.

Air Force officials said they understand the effect BRAC can have on servicemembers, retirees, employees and their families.

To assist people with vital BRAC information, the Air Force will provide a toll-free number, (888) 473-6120, for military and civilian members affected by the BRAC list. Besides the toll-free phone number, the Air Force has an informative BRAC Web page at www.af.mil/

brac.

"This number will be available starting May 13 from 8 a.m. to 8 p.m. (EDT) until further notice," said Col. Thomas Fleming, Air Force BRAC response cell director. "We will have trained people from 10 different Air Force organizations to answer or assist with any questions people may have."

Airmen can seek information through their chain of command. They may also contact the public affairs office at 773-3381.

BRAC is the congressionally authorized process the Department of Defense uses to reorganize its base structure to more efficiently and effectively support its forces, increase operation-

al readiness and facilitate new ways of doing business.

"People are our most valuable asset; and though BRAC is a careful and impartial analysis, people will be affected," Colonel Fleming said. "We care about our people, and we want to keep our people informed and provide them the best possible information on the changes that will affect them."

The Air Force Web page will have a breakdown of affected bases from the BRAC list, said Jeff Whitted, Air Force News Service operations division chief.

"We will also have links to frequently asked questions, news articles, and DoD and Air Force information concerning

TO ASSIST PEOPLE WITH VITAL BRAC INFORMATION, THE AIR FORCE WILL PROVIDE A TOLL-FREE NUMBER, (888) 473-6120, FOR MILITARY AND CIVILIAN MEMBERS AFFECTED BY THE BRAC LIST. THE AIR FORCE ALSO HAS AN INFORMATIVE BRAC WEB PAGE AT WWW.AF.MIL/BRAC.

BRAC," he said. "As we receive new information, we will post it to this page."

Local communities surrounding these installations will also be affected. Communities can address their concerns with the president's commission at regional BRAC commission meetings or by contacting the commission at (703) 699-2950 for more information. Phone hours are 7 a.m. to 6 p.m. EDT, Mondays through Fridays.

The BRAC process will take months to be finalized. The secretary of defense's BRAC recommendations are not final. The president's BRAC commission will review the list for conformity with the office of the secretary of defense's force structure plan and published selection criteria and report its findings and conclusions to the president by Sept. 8.

New 'Golf 4 Kids' at Warren Golf Course

Erin Graham
90th Service Squadron

Warren Golf Course is offering Golf 4 Kids, a new youth player development program which makes learning the game easy and affordable, but most of all, fun.

Sessions are June 6 to 9, 27 to 30 or July 11 to 14. Golf 4 Kids is for children ages 8 to 13 years old.

Golf 4 Kids costs \$99 and provides participants with a solid foundation about the game of golf, including swing mechanics, etiquette, terminology, proper behavior and

how to maintain speed of play. Participants receive eight hours of small group instruction and three supervised on-course playing experiences. Children are divided into groups of no more than six students,

and are grouped by age from 8 to 10 and 11 to 13.

Participants receive a Golf 4 Kids logo T-shirt, cap, golf towel, neon tee pack and bag tag, rules and etiquette brochures and a graduation certificate.

Children graduating from the program will get a free set of top quality junior clubs to keep.

"This is a wonderful opportunity for kids to learn the game of golf, develop good skills and meet

"This is a wonderful opportunity for kids to learn the game of golf, develop good skills and meet friends."

— Eric Sudy, Air Force golf program director and PGA professional

friends," said Eric Sudy, Air Force golf program director and PGA professional. "Golf 4 Kids provides a relaxed learning atmosphere without the intimidation factor, with emphasis on having fun. We look forward to offering this exciting program to the military community."

Children who are family members of authorized patrons of all branches of military service, including active duty, retired and DoD civilians, are eligible to participate.

For more information about Golf 4 Kids, call the Warren Golf Course at 773-2556.

Bowl for stars and strikes

Warren Lanes offers new bowling program

Erin Graham
90th Services Squadron

All summer long, customers at Warren Lanes will be getting "punched."

Patrons will receive punch cards when participating in programs at the bowling center, as part of the Air Force Services-wide "Bowl for the Stars and Strikes" bowling promotion, which gets rolling May 15.

"The bowling center is the perfect place to cool off for some

healthy, indoor fun with your family or friends," said Bob Schofield, Warren Lanes manager. "Warren Lanes bowling centers are now completely non-smoking, so it's the perfect time to get reacquainted with bowling. And this summer, the more you visit Warren Lanes, the greater your chances of winning some terrific prizes."

Bowl for the Stars and Strikes offers participants the opportunity to earn rewards by collecting punches on three levels of punch

card - red, white and blue. For every 10 punches, bowlers and non-bowlers will receive the corresponding reward for that level (while supplies last), such as a bowling ball keychain, collectible patriotic beanie bear or 3-D liquid Air Force bowling mousepad. Plus, every card completed becomes an entry for monthly prizes, and blue level cards can enter for a chance to win \$500 cash grand prize.

Punches are given for every game bowled or large Coca-Cola

fountain beverage purchased at the Warren Lanes snack bar Sunday through Aug. 15.

Participants in Bowl for the Stars and Strikes will also receive a coupon good for a free medium Coca-Cola beverage and two free games of bowling, for every card completed. No purchase is necessary to enter to win monthly and grand prizes.

For complete contest rules and entry information, visit Warren Lanes or call 773-2210.

6 by 4.5



Photo by Airman 1st Class Tessa Cubbon

PUMPING IRON ...

Ernie Cisneros, a base contractor, works on building up his biceps. Like Mr. Cisneros, all Warren members should take advantage of the bases' state-of-the-art workout facilities.

League Play

Teams are made up of 6 to 12 individuals. The cost is \$20 per player and includes: unlimited CO2, equipment rental and 200 rounds of paintballs. Games begin at 6 p.m. League nights are May 19, June 2, June 16, June 30, July 14, July 28, Aug. 11, and Aug. 25. Prize packages awarded for 1st, 2nd, and 3rd place teams and a traveling trophy for the winning team. Players may bring their own equipment (no discount). However, they are required to use ODR supplied paintballs*.

Open Play Nights

Open play game nights are 2.5-hour sessions beginning at 6 p.m. They are held every other Thursday beginning May 26. The cost for open play is \$12 per person and includes unlimited CO2, equipment rental and 100 rounds of paintballs. Individuals are welcome to participate. Register in advance at ODR or at the field on game nights. Players may bring their own equipment (no discount). However, they are required to use ODR supplied paintballs*.

Tournaments

Three tournaments will be held this summer for teams of 6 to 16 people. Tournaments are at 10 a.m., June 11, July 9 and August 6. The cost is \$15 per person for early sign up (one week prior to game) and \$20 for late sign up. Entry fee includes unlimited CO2, equipment rental and 200 rounds of paintballs*. There will be a prize package for 1st, 2nd, and 3rd place teams.

Group Reservations

The field can be reserved for your private group (minimum of 10 people). The cost is \$12 per person for a 2.5-hour session and includes unlimited CO2, equipment rental and 100 rounds of paintballs. Players may bring their own equipment (no discount). However, they must use ODR supplied paintballs*.

Additional paintballs are \$4.50 per 100, \$20 per 500, or \$60 per 2000-count case.

**The paintball field is located south of Missile Drive across from FAM Camp.
Sign up for all programs at ODR, 6205 15th Cavalry. ODR is open 11 a.m. to 5 p.m.,
Mondays, Tuesdays, Thursdays and Fridays.
For more information, call, 773-2988.**

Warren Paintball

Outdoor recreation is offering a summer paintball program that includes team leagues, open play, monthly tournaments and group reservations.

Patient advocate extends care beyond gates

QUICK FACTS

Name: 2nd Lt. Tanya Yelverton

Squadron: 90 MDSS

Hometown: Diana, Texas

Fav. Movie: Notebook

Fav. Book: The Bible

Life's motto: "Excel in everything you do" & "Only worry about what you can personally control"

Little known fact: Prior enlisted – 8 years

What is your job?

I am the TRICARE Operations/Patient Administration Flight Commander.

What do you do?

I assist in resolving some of the challenges with the new [TriCare] contract, as well as brief commanders, shirts, and squadrons on the new contract. I'm the medical group patient advocate. Customer service is extremely important and we pride ourselves on addressing customer service concerns reporting survey responses to leadership.

What's your favorite part?

The level of responsibility and the self-satisfaction received from helping patients.

What kind of activities do you participate in?

Meals on Wheels, raised money for the MS Walk, Women's History month rep, Medical Group Air Force Assistance Fund rep, Medical Group Volleyball.

How much money did you raise for AFAF?

Our goal was \$2,642. Our two squadron reps raised \$5,011: 190 percent of our goal!

What do you do for Meals on Wheels?

I occasionally deliver meals to elderly folks. It's nice knowing that you're helping someone. It's not just to bring them meals, but also to provide conversation and to check on them as well.

Why did you switch from enlisted to officer?

I love the challenges, level of responsibility, and I wanted to be a positive influence on younger Airmen.

And you were also CGO of the quarter, right? What's the secret to your success?

I absolutely love being a Medical Service Corps officer and I love the Air Force. It's easy to dedicate yourself to something you enjoy.

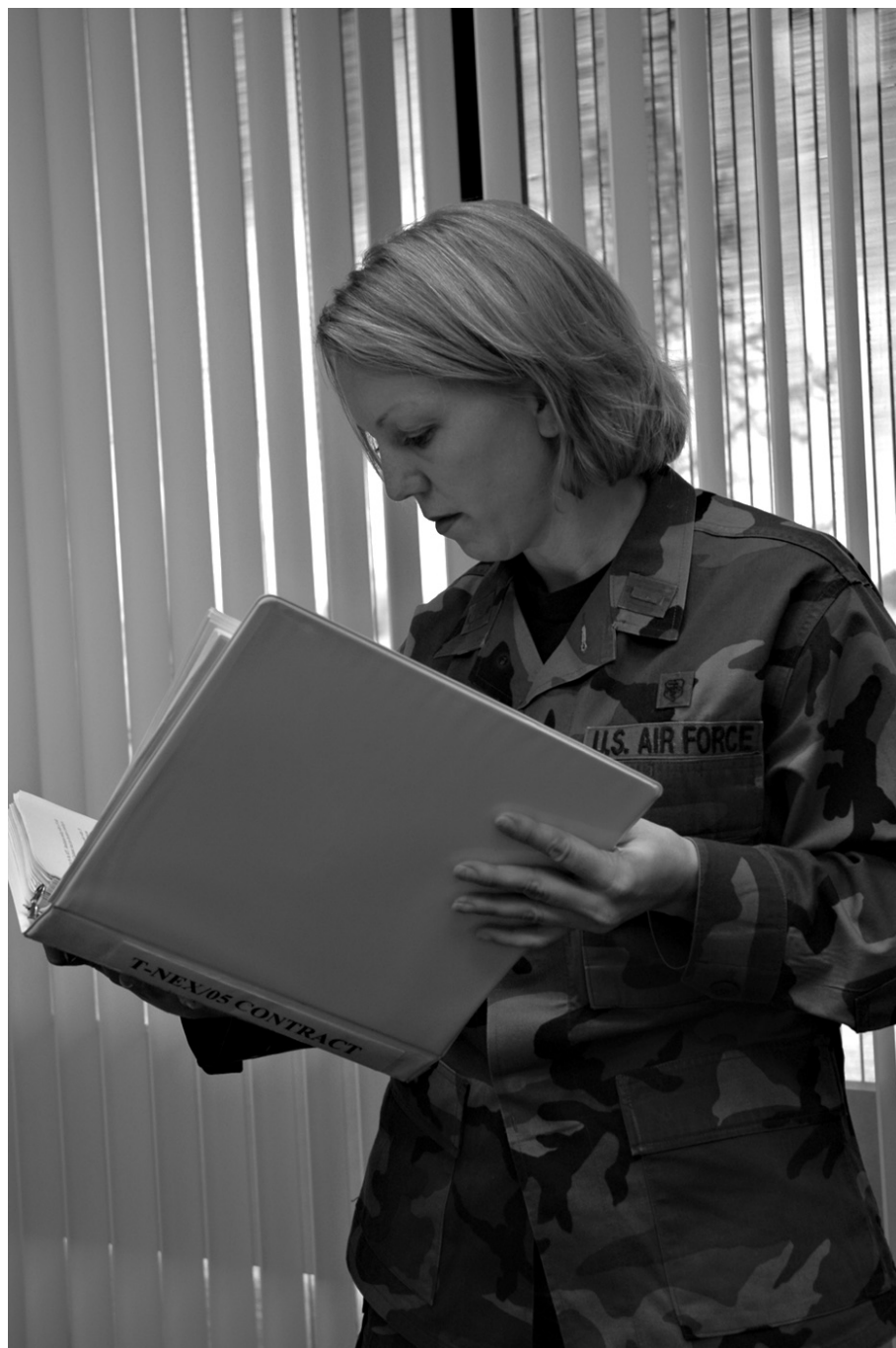


Photo by Airman 1st Class Tessa Cubbon

"Lt. Yelverton has simplified the TriCare process for specialty care off base. No one else in the Air Force does that."

– Lt. Col. Rachel Lefebvre, 90th Medical Support Squadron commander



Link Up 2 Golf

The Warren Golf Club is offering a new golf program. The cost for the Link Up 2 Golf program is \$99. Receive eight hours of group lessons and course etiquette, complimentary rental clubs, three-hole graduation scramble and a free T-shirt and ball mark repair tool. Classes are scheduled for Monday to May 19 and May 23 to 26, 5:30 to 7:30 p.m. Classes are limited to six students. To sign up or for more information, call 773-3556.

Armed Forces Day biathlon

The 90th Services Squadron is offering a free 10K bike and 5K run on May 21 at 9 a.m. Sign up anytime up to day of the event at Freedom Hall.

For more information call, 773-6172.

Home run challenge

A home run challenge is scheduled for May 28 at

base softball field #2. Hit the farthest and win. Trophies will be awarded for 1st, 2nd and 3rd places. Sign up at Freedom Hall.

For more information on this event, call 773-6172.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Also invited are family members of the deployed.

Family members of E1 to E4 active duty are welcome to accompany their sponsor to any and all Chadwell Dining Facility meal times.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed? Call or stop by

the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Swim team looking for members

Warren Waves, the youth swim team is seeking members ages 17 and younger.

They meet Mondays through Thursdays, 4:30 to 5:30 p.m. For more information, call the aquatic center at 773-3195.

Golf for kids

Kids ages 8 to 13 are invited to learn to play golf June 6 to 9, 27 to 30 and July 11 to 14.

Participants will receive a Golf 4 Kids logo T-shirt, cap, golf towel, neon tee pack and bag tag, rules and etiquette brochures and a graduation certificate. Children graduating from the program will get a free set of top quality junior clubs to

keep. The cost is \$99.

For more information, call 773-3556.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling. Xtreme bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes and glow-in-the-dark pins and balls.

The cost is \$7.50 per lane/per hour. Bowl Fridays, 9:30 to 11 p.m. and Saturdays, 7 to 11 p.m.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. The stall can be reserved one business day prior at the standard rate of \$3 per hour. One stall will be available for reservations will not include a lift.

Reserved stalls will be held until five minutes after the reserved time then released to waiting patrons.

All other stalls will continue to be offered on a first come first serve basis.

For more information, contact 773-3869.

Photo studio

Make an appointment for a family portrait and receive a 15 percent discount on the framing of any portrait you have done.

For more information or to make an appointment, call 773-3754.

Take me out to the ball Game

Outdoor recreation is offering a trip to Coors Field for Military Appreciation Days and Wednesday.

The cost is \$15 per person and includes transportation and game ticket in either outfield box, pavilion or upper reserved infield. All tickets are subject to availability at time of purchase.

For more information, call 773-2988.

6 by 6

Public health advisory

Staff Sgt. Douglas Williams
Public health

Summer will be approaching in the next few months, and when it does chances are some unwelcome visitors like mosquitoes will accompany it.

"Who can't handle a mosquito bite," you're probably asking. Well it's not so much the bite but what the mosquito can transmit when it bites.

In 2003 the West Nile Virus swept through North America at an alarming rate. The Center for Disease Control reported a total of 9,862 cases of West Nile responsible for 264 deaths. Colorado ranked number one in 2003 with 2,947 cases of West Nile reported and 63 deaths. Wyoming recorded 375 cases with six deaths. Of those 375 cases, 31 cases were reported in Laramie County.

Wyoming had an extremely mild year during 2004 for West Nile compared to 2003 with only 10 reported cases, one of those in Laramie County. Though the threat seems to be on the decline, the disease still poses a risk. The state health officials are expecting an increase in WNV cases from last year, due to more standing water acting as mosquito breeding sites.

Symptoms vary depending on the severity of the disease; most who are infected with WNV will not show any signs or symptoms. Mild symptoms include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or skin rashes. These symptoms can last for a few days to several weeks. Severe symptoms include the previous listed symptoms, as well as neck stiffness, disorientation, tremors, muscle weakness, vision loss, convulsions, paralysis, coma and sometimes death.

You can greatly reduce your risk of contracting WNV, as well as other mosquito and insect borne diseases by following some simple prevention methods.

Use insect repellents containing DEET.

Many mosquitoes are most active from dusk to dawn, so use insect repellent and wear long sleeves and pants at these times or consider staying indoors.

Make sure you have good screens on your windows and doors to keep mosquitoes out.

Get rid of mosquito breeding sites by emptying standing water from flowerpots, buckets and barrels. Change the water in pet dishes and replace the water in birdbaths weekly.

Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when not in use so that mosquito breeding areas are not formed.

Following these prevention methods will reduce your and your family's risk from insect diseases. For more information, call the public health office at 773-3040 or come to the office located in the clinic between the hours of 7:30 a.m. to 4:30 p.m.



Photo by Master Sgt. Richard Mullee

WARREN'S BEST PREL TEAM

Even though Guardian Challenge was postponed for 2005, 90th Maintenance Group's, Power Refrigeration Electrical Shop team was poised to ensure the Mighty Ninety would lead the pack at Vandenberg. Team members left to right: Master Sgt. Jody Helton, Airman 1st Class David Shea, Tech. Sgt. Derrick Page and Staff Sgt. James Rosebrock. "This team represents the 'best of the best' power refrigeration electrical shop technicians. This team was destined to bring home the silver," said Senior Master Sgt. Arla Rogers, 90th Space Wing Guardian Challenge NCOIC.

Process for 90th Medical Group appointments

To avoid being billed for downtown medical care, follow this information. For more information, contact Tricare operations patient administration at 773-3011.

For care outside the military treatment facility:

1. Any patient being seen for acute care must have prior authorization from their primary care manager before seeking care down town to prevent being billed for that visit.
2. Call your PCM during duty hours at 773-3732, PCM on-call after duty hours at 773-3461 (the on-call doctor cannot provide lab/x-ray results or medication refills), flight medicine during duty hours at 773-2359 or the Personnel Reliability Program clinic during duty hours at 773-3580
3. Emergency care is where a "prudent lay person" believes there is a serious medical condition that threatens life, limb or eyesight. If you have a true emergency, go to the nearest emergency room or call 911. Contact your PCM the next duty day to inform them of your emergency room visit. The authorization for the emergency room only includes care provided at the time of your emergency room visit. If the emergency room physician refers you for a follow up visit with a specialist or procedure at a later date, you must call your PCM for a referral to cover that visit/procedure.
4. All Newborns must be enrolled in DEERS and Tricare within 60 days of birth to be covered under Prime. Once the baby turns 60 days old and is not enrolled in DEERS and Tricare, the baby will automatically be enrolled in standard for one year, with a 20 percent cost share the parents will be responsible for.
5. Mental health visits downtown do not require a referral for dependents for the first eight visits if they see a psychologist or psychiatrist only. If a dependent sees a mental health counselor or a licensed professional counselor, it will not be covered without a referral from their PCM. All active duty members must have a referral to see any physician downtown.
6. Checks received in the mail should not be cashed. These checks were issued because a non-network provider saw the patient and all checks should be dropped off at the provider's office.